

# JOURNAL.29

*winter solstice 29 @ 0911*

*sunrise @ 06:55*

- lab -

***present***

***347.19***

***131221@0651***

**347.19**

**131221@1157**

here i am in downtown LA  
first time in decades

waiting for LACDA to open

john

? turn off finder feedback sounds

? what about those little drives (laptop drives?)

**? am i gonna publish something this year**

## ***a short essay***

*the age of nation-states is ending*

*there never could be a truly global revolution until now  
now... it's inevitable*

*Earth is emerging*

*the old "elites" who ran the world for centuries are losing control*

*democracy changed everything  
more than they knew*

*the problem is...*

*now that the masses are empowered, the masses are mostly a bunch of  
uneducated, unconscious, brain-damaged language monkeys  
that's you and me brother  
all of us are brain-damaged language monkeys*

*if we are to participate in an emergence of a new world, we need to  
prepare ourselves individually to become worthy citizens of Earth*

*we could start paying attention to language out of which we construct  
our thinking*

*like an athlete is in training for a triathlon, Earthling are in training  
for competent, creative citizenship*

*it's gotta come from the bottom up... not top down  
from the streets... not academe*

*normal people doing extraordinary things  
learning to think creatively, precisely,*

*people inspired to become the best imagineers they can be*

***another essay***

*experience & stories is all we have*

*i am assuming that you are conscious entities  
you may very well be part of my hallucination  
two different stories  
i may very well be part of my hallucination*

*all i have is my experience  
my new shoes are a little tight  
taste of strawberry  
smell of burnt toast  
the weight of a heavy winter coat  
feeling the shower water  
feeling my butt sitting on the floor*

*is there really a floor there?*

*that's a story*

*maybe it's really there  
maybe i hallucinated it  
either way... it's a story  
something to make us comfortable  
to feel like we know what's going on  
stories are nice  
stories open new possibilities of experience*

**347.20**

**131222@0839**

**347.21**

**131223@1532**

**apple senior tech**  
**Scott Rasmussen**  
**srasmussen@apple.com**  
**877-388-0879 x81017**  
**m-f 1130-2030**

**apple senior tech**  
**lew mccarty**  
**877-416-4271 x61513**  
**w-sa 0600-1700**

**hardware test**  
option D  
looping: option L

superduper serial #

Heron Stone  
SPSD001001-DFLD-04AE-R5N3-ASX0-8523

diagnostics

iMac wouldn't reboot until i unplug everything except Ethernet  
it then gave me a logo within 10 sec.

Finder crashes when merely selecting a file in a folder

beach ball

force relaunch

Finder does not relaunch

Finder icon in doc says it's running but no desktop icons appear

Mac won't restart  
i have to force shutdown

pop email

## **? how to recover email from imacbak**

iTunes library after changing disks

thunderbolt hub

fire to USB hub

command r  
recovery mode  
disk repair

**347.22**  
**131224@2314**

testing main logic board  
*diagnostics*

**4MoT/4/40000003: HDD-1271**

**4MoT/4/40000003: HDD-1270**

**4MoT/4/40000003: HDD-1267**

**4MoT/4/40000003: HDD-1270**

**4MoT/4/40000003: HDD-1267**

? what is **safe mode**    **shift key**

**how long should it take to shut down with all apps already  
quit**

first time - yesterday

4MoT/4/40000003: HDD-1275

**macmall**  
**Huntington Beach**  
**714-466-6255**  
**16929 beach blvd north warner**  
**HB, 92647**

**m-f 9-9**  
**sat 9-8**  
**sun 10-7**

**347.25**  
**131227@2122**

**347.27**  
**131229@1928**

bashar

unfortunately, bashar has chosen to speak in standard colloquial  
english  
the result is worship of the messenger instead of graduation of the  
student

perhaps i could be helpful in discovering/creating new language to  
deliver these mind-blowing ways of thinking

unconscious assumptions built into english

**2208**  
i want a new story about money and getting paid for my services

**347.28**  
**131230@1951**

**348.05**  
**140105@2345**

*many of you know that i've been podcasting for several years*

*there are currently a little over 800 recordings dating back to 2006*

*they consist mainly in 1-on-1 conversations and mainly about various aspects of language, epistemology, sex and sumo wrestling*

*sometimes it drifts off-topic*

*sometimes it approaches the profound*

*sometimes it's self-indulgent and banal...*

*often within a minute of each other*

*i haven't taken the time to edit them*

*i just post them if i think there was anything worthwhile in it*

*for your amusement/enlightenment, i'm streaming these recordings 24/7 on my teamspeak3 server*

*so, if you have time, drop by any time/day and see if what's streaming is of some interest to you*

*you can download the teamspeak3 client here...*

*<http://www.teamspeak.com/?page=downloads>*

*create a new bookmark and use the following info to join my room*

*address = gendo.typefrag.com*

*password = the*

**348.07**

**140107@1754**

there is no such **thing** as *reality*

so-called "*objective reality*" is merely another idea

a way to explain our experience ... to make sense of it

there is no clear line between what's "real" and what's not

it depends on what you mean... how you define it

and that's not easy

it gets complicated really fast

and it depends on how subtlety/precisely you choose to focus your  
attention

so, unless you're prepared to devote considerable time to gain sufficient  
personal knowledge to undertake a study of "reality", you can learn  
a method developed by someone who has taken the time  
gendo is not THE way to enlightenment



it's a way to wake up from the trance of language

in the weed store i observed people reinforcing each others' trances  
telling their stories... nodding their heads in agreement

say it enough times...

and it's *reality*

**348.09**  
**140109@1936**

you and i create the somali pirates

the suffering in Earth exists because you and i allow it

become responsible

i can't do everything

pick one facet you you are particularly concerned about

do something to make it better

understanding punctuated equilibrium is essential in gendo

it provides the long-term perspective

gendo training includes both theory and practice

punctuated equilibrium  
metamorphosis  
experience & stories

factual veracity is only one aspect of an utterance worthy of considering  
also to be considered is consequences of acting on the story

**348.10**  
**140110@2009**

use artificial voice for all gendo lessons

i'm using sam for all the voice parts

i want to remove any personal idiosyncrasies  
they might be helpful to some or hindering to others  
but, in any case, they are irrelevant  
this course is about you and your language machine  
heron's personality isn't the point

it's not about heron  
it's about the ideas

it's important to have a big time story... to have a place in that story

**very important distinction**

domain of discovery

domain of creation

**348.11**

**140111@2132**

reasonable              unreasonable

not reasonable      not unreasonable

like                      dislike

not like              not dislike

strength thru vulnerability

language is essentially a language monkey navigation device

**use second life in the gendo game**

my avatar could be a mirrored sphere

or

each person will see their own avatar when they look at mine

marina

you got it right

there's absolutely nothing *you* can do

and that's true for every person who has ever lived

now... all you have to do is figure out a way to make that awesome

perhaps your environment has programmed you with an unrealistic and self-contradictory concept of *self*

**348.12**  
**140112@1807**

**348.16**  
**140116@2302**

this fono matrix is now the center of your english-speaking world

this is NOT an alphabet

there is no C  
we already have K and S  
no need for C

there is no Q, W or X

one graf for one fon

**348.19**  
**140119@2226**

**348.21**  
**140121@1851**

CaliforniaAccent  
free pre-training

the **matrix** is the only thing you must learn in CaliforniaAccent  
this is a slightly simplified version  
as you progress, you will learn a more complete version

a total of 29 sounds called fonz  
7 new grafs

print this page 5 times  
put it all around your house/room/tent/etc.

gendo throbbing meditation  
2-3 breaths/minute  
3 muscle groups

**348.25**  
**140125@2109**

**349.03**  
**140201@2251**

**349.06**  
**140204@1626**

mac mini

OS X 10.9.1  
2.26 GHz Core 2 Duo  
4 GB RAM  
NVIDIA GeForce 9400 256 MB  
model identifier Macmini3,1

320 GB HD  
dual layer DVD burner

**349.13**  
**140211@2316**

~ how do we

**349.17**  
**140215@2050**

red belt - the  
yellow belt - full course  
green belt - teacher  
blue belt - teacher of teachers

belt-holders listed on website

from wiki

In 1972, paleontologists Niles Eldredge and Stephen Jay Gould published a landmark paper developing this theory and called it punctuated equilibria.[2]

Their paper built upon Ernst Mayr's theory of geographic speciation,[3] I. Michael Lerner's theories of developmental and genetic homeostasis,[4] as well as their own empirical research.[5][6]

Eldredge and Gould proposed that the degree of gradualism commonly attributed to Charles Darwin is virtually nonexistent in the fossil record, and that stasis dominates the history of most fossil species.

"he is..." may be replaced by "i categorize him as an "asshole""

Earthlings and Earth can live in amazing grace and harmony

hi tech, ecologically sustainable, a civilization to last a million years  
a star-faring civilization... if we choose

gendo... for people with "the itch"

**349.21**  
**140219@2322**

**349.23**  
**140221@1629**

i can charge people if they insist on text

it actually might be interesting

\$1/min.

tom

i'm feeling fit and feisty again

so, if you feel like it too, we could talk this evening

**349.25**  
**140223@0024**

particular gendo paths

take red  
take red test  
get badge  
enroll yellow  
graduate yellow  
good by... go into the world and apply what you've learned  
enroll green (teacher training)

become a monk blue

**349.25**  
**140223@2133**

THE hottest used car salesman in south el monte...  
this week...  
so far...

i can't think of anything more important than humanity waking up from  
the trance of language

**349.26**  
**140224@1725**

hierarchy of needs and wants



**needs**

air

water

food

shelter

**wants**

belonging

self-actualization

transcendence

etc.

**2315**

**349.28**

**140226@1455**

private consultation begins with a submitted topic

a statement of the issue to be examined in 100 words or less

**350.03**

**140303@1455**

**350.05**

**140305@2042**

**350.07**

**140307@0022**

**2255**

**350.08**

**140308@2259**

**350.09**

**140309@2324**

**350.10**

**140310@1855**

**350.12**

**140312@0020**

if you want to study gendo...

you have to be **willing** to rethink things... to discover that you have  
been wrong in many of your evaluations... mostly because you have  
been under the spell of your language machine

**350.13**

**140313@1852**

**a well-programmed (disciplined?) language machine leads to  
a peaceful mind**

**350.14**

**140314@2119**

neural terrain

100 x 100 grid of "tendencies"  
awareness of symmetry

awareness of contrast  
awareness of temperature  
awareness of rhythm  
awareness of space  
awareness of ?  
smell1  
smell2  
smelln  
hearingn  
seeingn  
tastingn  
feelingn  
anger  
fear  
alertness  
mindfulness  
intimacy  
lust  
energy level  
memory  
identity  
etc.

**350.16**  
**140316@0039**

i actually heard my language machine say,  
"but how will i suffer if i'm not poor"

epistemological relativity

there is no privileged story

**350.16**  
**140316@2230**

bois  
language monkeys have to be seduced into waking up  
not preached into it

your story is your value system

**350.19**  
**140319@0006**

**350.20**  
**140320@2038**

3rd millennium epistemology  
3ME  
3me

gendo is a practical method for programming language machines

3rd millennium epistemology is an academic, philosophical approach

**350.22**  
**140322@0007**

**350.25**  
**140325@2009**

? can i reprogram my driving behavior

**350.26**  
**140326@2134**

in gendo, students build a structural differential

we find ourselves here  
with our moment-to-moment experience and our ongoing story  
? now what

**350.27**  
**140327@2025**

**there are a lotta people with very expensive antique and  
collector fountain pen... and they never use them**

**make a stylus conversion kit so they can use them with their  
ipads**

**350.28**  
**140328@2346**

**350.29**  
**140329@1941**

the idea of "objective reality" is just another story

something really important about gendo would have gone here, but i forgot it

oooooh yeah... learning to reprogram your language machine

begins with observation and journaling

creating a class journal

a closed facebook page

**351.02**

**140331@0025**

**2047**

**every person should create their own story**

**? what's mine**

**bob**

**Earth**

**punctuated equilibrium**

**waking up from the trance of language**

**Earth as paradise**

**351.03**

**140401@2339**

**351.04**  
**140402@1951**

**351.05**  
**140403@2226**

**351.06**  
**140404@0050**

**2058**

the ultimate justification...

**because that's the way i choose to think about it**

all we're ever gonna have is a story  
we'll never have **THE WAY IT IS**

a difference between meditation and gendo

in gendo, we observe the language machine... study it...

in meditation, we cultivate silence

**351.08**  
**140406@2343**

**351.11**  
**140409@2145**

? what are the outlines of the new world story

punctuated equilibrium  
living Earth

experience & stories about experience & stories about experience about  
experience &...

**i'll be on the gendo server today from 3-5 pm california time  
(utc-7) (every weds, fri, sat at this time)**

**this ain't talk radio and i'm not here to entertain anyone**

**i'm here for one-on-one conversation with you**

**you are interested in reducing discomBobulation created by  
our culture and habitual modes of thinking about real-  
world situations (personal, social, professional, parental,  
philosophical/spiritual, etc.)**

**of course, you're welcome to listen even if you don't want to  
participate**

**when i'm not there, i stream recordings of previous  
conversations 24/7**

**you're welcome to come by any time and listen**

**you need teamspeak3 client software to get involved**

**TeamSpeak3 is a free download here...**

**<http://www.teamspeak.com/?page=downloads>**

**launch TS3**



**create a new bookmark using...**

**address = gendo.typefrag.com**

**password = the**

**welcome to gendo**

**351.12**

**140410@2335**

**351.18**

**140416@2148**

**351.19**

**140417@2203**

in gendo, we can only aspire to mastery of language

**351.23**

**140421@2003**

gendo

ideally, what would you like to achieve by taking gendo

skypecast

type by language

EarthLing

-

German  
Spanish  
Italian  
Farsi  
French  
Chinese  
Japanese  
Korean  
Vietnamese  
Cherokee  
etc.

what's on now  
scheduled  
search and keywords (help people find you)

**351.24**  
**140422@1942**

**351.24**  
**140422@1942**  
martial arts doesn't work for gendo

tai chi can be used as a martial art  
its principles can be applied to self-defense  
but that's not its primary concern

mindful arts might be better

gendo can be applied to self-defense

**351.26**

**140424@2236**

? do we need to have a single, unified story

even if there are many stories, "i" unifies them

conversation

dialogue

investigation

inspection

examination

an exploration into your language machine

a short reconnaissance mission

dense information

**351.28**

**140426@1623**

what function(s) do language monkeys fulfill in Earth

will the matrix be able to maintain itself without language monkey  
assistance

interface between squish and the matrix

the matrix needs squish

the matrix is embodied in squish

activities in the matrix suffer none of the limitations of squish

does Earth really need language monkeys at all

can we be embodied in the matrix in a way that is equal or superior to  
our experience in bio-physical squish

you could choose to create your life within the limitations of squish

you could tweak the rules a little

you could create new universes with different rules/realities

you could invite your friends to play in your universe

i'm a fan of the great roman philosopher...

lasivius preclivites

## **professional relationships**

teacher/coach/etc.

colleague

student

**352.01**

**140428@0010**

start a free daycare center to do research developing teaching tools for  
gendo

**1834**

**to the challenger who doesn't like our paradise...**

i respect your idea of human nature and buddha... that everything us  
always perfect, just the way it is

and you're welcome to that analysis

but, others of us feel differently about it

we have decided that Earth could be a very different planet... that  
paradise is a possibility and we want to participate in its emergence

**352.02**

**140429@1931**

the gendo hour (echoed)

starring heron

with his sidekick, producer, director, pooh bah... tom

**352.04**

**140501@1931**

sign language may have come first

natural calls...

- pain
- laughter
- surprise
- grief
- purr
- roar

hunting parties use signs

? did women invent spoken language

all animals have navigation software (internal language)

if there is such a thing as human nature, it would be that we are always  
pushing at the boundaries that limit us

we already escaped the monkey, but most language monkeys haven't  
realized it yet

language is a transhuman activity/phenomenon

write an essay called, "the story"

thank you bob  
for giving me my life  
help me remember  
whenever i need to  
that it is you alone i deal with  
in everyone i meet

**352.07**  
**140504@1448**

**352.08**  
**140505@2137**

**352.09**

**140506@1505**

start recruiting on high school campuses for alternative lives... other  
than marriage and family and career

become a gendo monk

devote your life to becoming a musician, athlete, cognitive scientist,  
animal trainer, dancer, sculptor, explorer

what are you interested in

if you don't know, then you should be interested in finding out

... or... you can continue down the path that has been laid out for you by  
you ancestors

a new world is emerging

it's your choice

there are an innumerable number of ways to live your life besides  
marriage and family

that's wonderful for a small percentage of people

it's a terrible choice for many

they suffer and society suffers

if marriage is right for you... great

but you can only know that if you've sincerely considered alternatives

**start writing a column for the paper**

view from the outside

2-col by 15 in.

EarthLing formatting

the trouble with language monkeys

don't believe everything you hear your language machine say

in a talk

think about this

i blow puffs of air out of my mouth and ideas show up in your head

**352.13**

**140510@1946**

2 tracks in gendo

1. basic training for children (birth-puberty)

2. rehab for brain-damaged language monkeys... breaking identification  
with the language machine

**2357**

gendo is not going to make any difference in your life

**YOU** can make a big difference in your life if you consistently apply  
gendo

**352.16**

**140513@2059**

**352.19**

**140516@2008**

+ language has always been there... the internal navigation tool



+ what changed is that it escaped the skull and became a social entity,  
infecting the entire community

> make an exercise to demonstrate to the experimenter that "he" is not  
**doing** language... that language simply shows up

> ask him to think about something at home he wants to change  
~ how does he **do** that

~ so, who is noticing this  
~ what is an "i"

+ i work with a guy who has gone to Disneyland every weekend for the  
past 15 years

**352.20**  
**140517@2148**

here is you fortune cookie for today

yes... i get it

so-called "adults" are self-deluding hypocrites and liars and then justify  
it all with patriotism and god

but you can't keep yourself down just to show them what assholes they  
are

your sensitivity and intelligence are needed and must be cultivated

we need you to thrive and help us participate in the emergence of a new Earth

? you got anything better to do

here is your fortune cookie for today

so-called "adults" are self-deluding hypocrites and liars and then justify it all with patriotism and god

but you can't keep yourself down just to show them what assholes they are

your sensitivity and intelligence are needed and must be cultivated

we need you to thrive and participate in the emergence of a new Earth

? you got anything better to do

**352.24**  
**140521@2104**

**doing gendo**  
tongue to roof of mouth  
**A Y A Y A Y A Y A**

locate mouth drawings for pdf called doing gendo

**352.26**  
**140523@1235**

189.5

the invention of "self"

**doing gendo**

set alarms for three random times every day

when the alarm goes off, notice what's going on in your language machine

**352.27**

**140524@1924**

i don't know what i'm here to do  
i thought i knew but that was then  
this is now

10 x 10 grid  
cognition terrain

*are we modeling humans/apes or are we starting from scratch*  
*what about one sex*

? should they know/discover they're in a simulation  
? can they converse with their programmer's world

i want to talk to them

what motivates them

metaphysics... trying to figure out their situation

sensitivity to symmetry

time spent in reflection

memory

attention

vision

hearing

taste

smell

touch

heat

irritability

boredom

sleep time

caution

sociability

extroversion/introversion

flight/fight parameters

ability to plan ahead

hedonism level

risk-taking

activity level

voice quality

appearance

there does appear to be consistency of experience

why does it make any difference

the answer to why is a story

we can talk as if there is a real external world... out there

as long as we remember that it's an assumption

a not-unreasonable one

a fundamental assumption

am i a humanist or an evolutionist ( a godist)

**352.28**  
**140525@2024**

**352.29**  
**140526@1640**

**352.30**  
**140527@2151**

**353.01**  
**140528@1917**

**353.06**  
**140602@2045**

*the gendo sacrament*  
*kroger strawberry bar*

**353.07**  
**140603@1844**

how did language emerge from individual skulls to become a communal  
phenomenon

*? could it be related to how multicellular life emerged*

**353.08**  
**140604@2327**

**353.09**  
**140605@1913**

4241 bc oldest year

**353.10**  
**140606@2257**

**353.11**  
**140607@1336**

**2122**

birthright

air

water

food

clothing

living quarters

transportation

information

how good a story can you conjure

**353.14**  
**140610@2103**  
5438

er  
attn dr. miller

dr. adrien miclea

**353.15**  
**140611@2107**

attitude is crucial

it's a response to a story

what stories is your language machine telling you

you can choose what stories to live

**develop a year-long course for high school grads**  
all the stuff they should have learned about personal responsibility,  
reputation, money, survival, relationships, stories, etc.

**353.16**  
**140612@2006**

**353.17**  
**140613@1415**

**187**

an art product

1/2 in. thick, 40x30 in. retina display hangs on wall  
running frax  
control it with phone

**353.19**  
**140615@2343**

dmt

silk road

onion browser blocks IP address

bit coins

tor browser

imagine an ipad... 3' x 5' as an art wall display



**353.20**  
**140616@1251**

**185.5**

**353.21**  
**140617@2121**

? do i respect myself

Noam Chomsky

i must apologize for my lack of being able to articulate these ideas as  
clearly as i'd like

honestly, i've never been a fan of your theories on language

my interests lie elsewhere... more therapeutic and epistemological

however recently, my explorations have led me to some ideas that are  
not unrelated to your ideas of deep structure... although i certainly  
don't claim to have anything more than a superficial understanding  
of it

i assert that language is not primarily a tool for communication  
that is a recent and secondary situation

its main, and original function is as a navigation tool

even bugs seem to know where they're going  
they must have some internal map of their environment

**353.22**  
**140618@1939**

**353.23**  
**140619@1629**

**bp**  
108  
64  
**pulse**  
66

**353.24**  
**140620@2144**

**bp**  
105  
63  
**pulse**  
65

***this dmt experiment is conducted  
with an intention to experience  
a positive contribution  
to my life and Earth***

***i come in humility  
seeking experience and knowledge***

**353.25**  
**140621@1600**

**summer solstice**

**353.26**  
**140622@2338**

i did dmt this evening

100mgs

about ten BIG hits held at least 45 sec.

and...

NOTHING

**353.27**  
**140623@2213**

gendo orange belt group project will be designing curriculum for  
children

ipad apps

websites

material for teachers to use in their classrooms

**353.28**  
**140624@1913**

**353.29**  
**140625@1927**

a fundamental principle of a "spiritual" life is getting comfortable with  
not knowing

i don't know that i'll be alive one minute from now  
the odds are pretty good that i will, but there is no certain knowledge of  
this  
all we can do is place our bets  
  
and deal with consequences

**353.30**  
**140626@1810**

**354.01**  
**140627@1734**

**Dennis complained** about my using the speaker phone

he told me if i wanted to talk with him, use the phone... and hung up

he said he didn't want other people listening to him talk

3.14159	
base3	base9
3	3
3.1	3.25
3.01	3.0625
3.02	3.125

3.03      3.1875  
3.021

**354.03**  
**140629@1948**

you know what to do  
you forget to apply it

13    nudz  
x21    nurd  
13  
32  
333    nozy

gendo  
you buy a product  
you do the practice

i want to be better at evaluating situations  
so that i can behave in ways that lead to the satisfaction of my goals

this requires having some precisely-stated goals  
how many know with some precision what they aspire to  
how many have written goals and read them daily

there's nothing wrong with drifting, of course  
i drifted for years  
i learned all sorts of stuff i'd have never learned any other way

when/if you find yourself with developing visions of your future, then a  
new strategy can be helpful

**354.05**  
**140701@2335**

**354.06**  
**140702@2056**

**354.09**  
**140705@0021**

**1606**

what do people really want  
after mere survival...  
to make a difference... a contribution to life

phone message

congratulations...

you've succeeded in reaching heron stone... or... at least my extended  
nervous system

it's not convenient for me to talk right now,

but you can leave a message and i'll probably get back to you...  
depending upon what you have to say

**354.11**  
**140707@2211**

**354.13**  
**140709@0019**

**1926**

**the talk**

**surgeon's story**

while driving home from a soccer game one sunny saturday afternoon, a  
man and his son were involved in a head-on collision.

the father was killed instantly.

the son was rushed to a nearby emergency room in critical condition.

entering the operating room, the surgeon saw the boy and said,

“i can’t operate on him.

he’s my son!”

**the voice**

**punctuated equilibrium**

**humans aren't finished yet**

**the idea of *reality***

**navigation**

**all animals are controlled by their navigation software**

**the next 30-50 years**

new business

gendo family coaching

**354.17**  
**140713@0011**

**2001**

## **bank**

apple stock

mutual funds

finding an accountant

how do i use language to get past language

all i can do is share my story about language

i'm a teacher and thinking coach

## **354.18**

**140714@1848**

## **354.19**

**140715@1941**

## **354.21**

**140717@1944**

authority

we've been trained to seek an external authority

first god

now science

we reject the idea they **we** are the ultimate authority

there is no justification for any of our behavior other than "i did it"

456 poems

nuten nutu nudr



shamu haiku

8amu

**354.22**

**140718@2002**

doing gendo

park tongue

notice when you discover the tongue has moved

what words were running

was there a subject

**354.23**

**140719@2037**

THE starting point of gendo is... experience and stories

a totality of your physical being

there are other things going on besides language

once you can detach from the language machine, you can begin to

notice more subtle *goings on*

repetition of word/phrases

sounds that border on language but aren't

**all** body movement

hearing

seeing

smelling

tasting

touching

breath and pulse  
pain

**354.24**  
**140720@1417**

**184.5**

**1946**

the gendo manual must be read **at least twice** to gain sufficient  
understand of the story

the manual is presented linearly

given the nature of time, we must present some ideas before others

but they all depend on each other to produce a coherent story

thus ideas presented first will appear quite different when seen in light  
of ideas presented later

on the first reading, don't let confusion or ambiguity alarm you

forge on

take notes

on the second reading...

**354.26**  
**140722@1849**

**assumptions most english-speakers are subject to**

reality is out there

i exist

i do the voice in my head

all stories... built in english

experience and stories

talking about the observer of the language machine will require new  
language

like electricity in 1800 required new language

but studying language machines is a specialty for scientists/  
epistemologists/etc

most gendo students don't need to go any further

if you see thru those three assumptions, you're done here  
go and create your life

i function as an organism-as-a-whole-in-environments

or

i function as an organism-as-a-whole-in-continually-transforming-  
environment

? what difference(s) could be made by accepting one or the other of the  
above two definitions

we find ourselves in a universe already underway

we came in late in the game

our civilization has come to make certain assumptions about the nature  
of "reality"

we've arrived here not because those assumptions are *true*  
we arrived here not by design, but because that way of thinking has  
worked... hasn't killed us... yet  
it is time to revise our most fundamental ideas of existence, self, reality,  
etc

**354.28**  
**140724@1902**

**354.29**  
**140725@2148**

**355.01**  
**140726@1903**

developing a story that is not incompatible with science  
science as a method... a process

technology... an application of science/knowledge

i use ipad for most of my thinking  
i use the mac to watch movies, podcast, edit audio, mail, usenet, edit  
art, produce PDFs from indesign, edit video,

gendo  
living with a consciously, intentionally created story  
and not feeling a need to believe that it is THE TRUTH

**355.04**  
**140729@2340**

**355.05**  
**140730@1936**

## sitting gendo

*park tongue at roof  
move tongue with breath  
out forward  
in backward*

**355.06**

**140731@2052**

## talking gendo

*park tongue at roof  
move tongue with breath  
out forward  
in backward  
listen without agenda*

a gendo agenda

**355.07**

**140801@1054**

@ muffler shop for catalytic converter

**184**

geotopia, gaiatopia, Earth, G9y7

**355.09**

**140803@1216**

**183**

looking for ways to develop more constructive/creative/happy/peaceful stories

**355.10**  
**140804@2220**

one thing that could distinguish cities is their food  
since every city is self-sustainable in its ecosystem, the chow produced  
will be different in every city

**355.11**  
**140805@1946**

**355.12**  
**140806@1409**

**355.14**  
**140808@2309**

**355.15**  
**140809@2351**

**355.16**  
**140810@2001**

"adulthood" carries a load of complex and unnecessary baggage

one simple way of thinking about it is...

being responsible for consequences of my behavior

**355.17**  
**140811@2333**

**355.18**  
**140812@2347**

**355.19**  
**140813@2321**

**355.21**  
**140815@0014**

**355.22**  
**140816@0002**

**355.23**  
**140817@0047**

**355.24**  
**140818@0054**

**2220**

interview gurus to discover common language patterns

ken wilber  
adyashanti  
dalai lama

ram dass  
tony robins

passive income      \$850/mo.  
independent income  
detached income  
non-time income  
quiet income

**it's about starting over... starting anew**  
admit that **everything** you know is wrong  
or rather... the way you know everything leads you to serious  
misevaluations of experience

the sooner you do it, the easier it will be

start looking at the most basic fundamental stories  
the so-called self

**355.28**  
**140822@1309**

**2022**

head-jazz nerve pill fails to boink the thought mush again

**355.29**  
**140823@2121**

**355.30**



**140824@1953**

**356.01**

**140825@1527**

binh

in my story, you haven't looked very deeply into the concept of "self"  
your whole philosophy is built on the "self"

it's a concept to you... one you use very effectively in the pursuit of your  
religion

it's not paradoxical to be quite certain about one's uncertainty

**356.04**

**140828@1732**

**182.5**

**356.05**

**140829@1246**

**182**

**356.06**

**140830@1444**

**181**

use tumblr to promote art

**356.11**

**140903@1643**

**356.12**  
**140904@1857**

**356.13**  
**140905@2307**

call the language school *California Ears*  
or  
*California Accent*

*California Ear-Training Academy Institute Center*

**356.17**  
**140909@2344**

**356.18**  
**140910@2305**

g after s  
sp = sb  
st = sd  
sk = sg

lance kooler  
LAN schooler

lanskulr  
lansgulr

**356.25**  
**140917@0006**

**356.29**  
**140921@2343**

**357.01**  
**140923@2013**

**357.02**  
**140924@2033**

**357.03**  
**140925@1949**

"reality"

starting axioms

1. there is sensory experience
2. there are stories about experience

"reality" is a story  
a way of making sense of experience  
there is no such thing as "reality"

**357.05**  
**140927@1855**

frax

2 questions

? how can i change the name of a previously created folder

? can you render to 24,000 x 18,000

**357.07**

**140929@2120**

art show

if you're interested message me privately, not here

**357.08**

**140930@2342**

i've decided not to enter the lacda art show later this month

i just don't have enough time to prepare everything properly  
i talked with the gallery director and was told that there will be another  
show in nov/dec which i am invited to enter

i can submit as many images as i wish (or can afford)

one of the requirements is that lacda does the printing on their  
equipment... which is fine because they're using epson printers and  
ink which i prefer

unfortunately, they are charging more than \$150 per print for a 30" x  
38" image printed on 44" x 36" paper

here's the way the show works

if an item sells, the gallery splits the proceeds 50/50 with the artist

if it doesn't sell, they will mail me the print to do with as i please

my standard price is \$1/sq in... \$1,140 for 30x38

here's what i'm thinking

you select an image from my imaginary landscapes.2 album, send me

\$200 and i will submit that piece to the show

- if it sells we'll split the sale 50/50... \$285 each
- if it doesn't sell, i'll mail you the print... \$200 for a print that sells for \$1140

you'll be responsible for framing which could cost around \$200

i'll be happy to work with you on deciding the frame

if you're interested, private message me

**357.12**

**141004@0055**

see journal page 2103

classroom techniques

**357.15**

**141007@1921**

books

a world i live in (i)

hard goals (i)

a psychology of writing (k)

an illusion of conscious will (a)  
an unfolding of language (a)

**357.17**  
**141009@2029**

**357.19**  
**141011@2209**

the gendo book must be on at least two levels  
- gendo data  
- how to assimilate gendo data

**357.23**  
**141015@1443**

**178.5**  
**357.24**  
**141016@1650**

**357.26**  
**141018@2054**

in regular life, people are concerned with looking good  
but... when reading this text, you can take a cold, hard look at yourself  
without looking bad

**357.27**  
**141019@2321**

it's not my job to tell you what kind of story to create  
my aim is to give you a secure grounding in language, the material with  
which we build our thought... our world

an architect builds a skyscraper of steel and glass  
to prevent the collapse of a structure, an architect needs knowledge of  
construction materials...

- load-bearing capacity of various alloys of steel
- wind resistance of different glass composites
- and a million other things

we build our stories (our lives) of language  
? how much do you know about the materials you think with  
? how solid is your foundation

? what are some questions you should be asking

like

? what are the bricks of language

**357.28**  
**141020@1729**

the language machine has its origins in a navigation system  
features of an environment that are *noticed* are *tagged*  
the tags are spun together as a story

there are no *words* when speaking  
words are an artifact of writing

**357.30**  
**141022@2018**

**358.02**  
**141024@2035**

i was born in the summer of 1967... at the age of 21

thru some rather unusual circumstances, i came to a blinding  
realization that everything i knew was wrong

i didn't know who i was  
what i wanted  
what i was doing  
what i could do  
what i should do  
what i shouldn't do  
what was possible or impossible

i was in shock  
i didn't leave my apartment the entire weekend

but i had to work on monday... and somehow life continued

but the center of my being became a quest to figure out what the hell  
was going on  
everything else was secondary

in pursuing my obsession, i learned a lot

**358.03**  
**141025@1514**

^-\_(ツ)\_/^-



**358.04**  
**141026@2156**

**pitch lab**  
- **kybord**  
- **listening lab**  
- **corporate digital art...** they're fun to look at  
- **gendo**

art manifesto

in old *human* art, the artist imposes hisher mental state on the viewer  
in imaginary landscapes, the viewer imposes herhis state on the art

viewing art as play

**358.05**  
**141027@1649**

apple case # 686293402 senior advisor Tim

**358.06**  
**141028@1445**

**177**

**358.07**  
**141029@1459**

## LACDA code for uploaded art

*jpg*

glossy4	1309577
glossy1	1309580
glossy2	1309583
glossy3	1309583
glossy5	1309592
glossy6	1309596
glossy7	1309598

*tiff*

glossy7	1309600
glossy6	1309617
glossy5	1309626
glossy4	1309629
glossy3	1309631
glossy2	1309637
glossy1	1309640

**358.11**

**141102@2259**

the single most important factor in determining the quality... the feel of  
your life is the (quality/character/form/patterns of (thought/  
language)/structure/story/) of the voice in your head

and it's not something YOU are doing... at least directly

it's controlled primarily by usage patterns acquired over a lifetime of  
experience... especially during the years before puberty

it's your language machine

and, odds are its a badly programmed one

we are all brain-damaged language monkeys

the good news is that you can begin to reprogram it

**358.12**

**141103@1956**

apple

gpu die sensor at 225° F after two minutes of my art being ken burns-ed  
by apple screensaver

**358.13**

**141104@2355**

**358.15**

**141106@2310**

**358.18**

**141109@0912**

okay this is my first attempt at using dictation in my notes

and it screwed up the word Notes making a note and I had to change it  
by adding an S

well this is my second attempt at using dictation  
so far, so good

**358.19**  
**141110@2355**

**358.21**  
**141112@1559**

kybord

1. new music midi keyboard and notation system that makes it 100 times easier to learn to play music  
i have a working prototype
2. website featuring a breakthrough new methodology for teaching speaking and hearing skills to Asian learners of english as a second language
3. high-res digital fractal art for sale to hi-tech corporate entities  
i have samples with me

let's talk later

22:51

> develop exercises to enhance awareness of language

meditation

- ? when do you use a question mark
- ? tell me when you use a question mark
- ? what is your opinion concerning when to use a question mark

? is it form or intention that makes an utterance a question or a directive

"? how old are you" is a question, grammatically

"tell me how old you are" is a directive

the response is the same in both cases

"? will you close the window while you're up"

"close the window while you're up"

one is seen to be rude

another is seen as being polite

gendo

red belt

the

yellow belt

the voice in your head is not something YOU are doing

it's something happening TO you

you have been hijacked by your own language machine

wake up from the eons-old trance of language

when the implications of having got the the voice is not you, you may well want to take a sabbatical and reevaluate your story about your life

yellow belt

**358.27**

**14.11.18@21:10**

a problem has arisen regarding the printing of the images by the gallery

i visited the gallery on the saturday following the thurs opening

i was horrified by what i saw

i had them removed

the prints were muddy and dark and the colors were all off

my guess is they used the wrong paper, but i don't really know what happened

anyway, i'm meeting with the director this coming saturday to see if we can solve the problem

the good news is that if we do manage to get decent prints, the chances of them selling are greatly reduced so there's a better possibility that you'll get the art instead of the booby prize cash

if i don't get good prints, i will refund your money

if you have any questions, message me

heron

**358.28**  
**14.11.19@14:32**

**175**

**359.01**  
**14.11.22@22:27**

**359.04**  
**14.11.25@18:23**

**359.05**  
**14.11.26@23:43**

gendo website

? why are you here

i'm interested in language  
a friend told me about it  
i'm looking for enlightenment  
i want to make some changes in my story

**359.06**  
**14.11.27@22:12**

gendo is for people who recognize the importance of language in every  
aspect of human live

**359.09**

**14.11.30@20:31**

## **imaginary landscapes**

the last generation of physical art before screens take over

analysis of **the real thing**

johnny cash was thought to be **the real thing**, not merely an entertainer

? the real what

another brain-damaged language monkey with a story

boredom: when no diversion is available to stop the troublesome  
ruminations of your language machine

**359.10**

**14.12.01@20:35**

preface to gendo book

ideally, you should read this book at least twice  
three times would be even better

the ideas herein do not go together in any **one** particular linear order

they form a kind of matrix of ideas/stories that relate to each other in  
multidimensionally

you needn't read it from beginning to end, altho that's certainly not a bad way  
to approach it

you can easily pick sections to suit your immediate interest



but read all of it... at least twice

the second time thru, you'll be reading the first pages already familiar with the ideas to come... perhaps giving them some new depth

## **gendo/cta**

the first task of the practitioner is to listen  
record all "interviews"

conduct all interviews in skype

use teamspeak

Gendo students must be able to forge new links... as they personalize  
their software

we program our children now  
we always have  
we always will  
there's no way *not* to program them  
+ the only question is... what will the programs do

every culture needs its songs  
every child should know them all by heart... well... in harmony

anyone who wants to may solo

?what can i be sure of  
experience now

stories about experience

one way

peripheral input processing

internal manipulations

**359.11**

**14.12.02@23:50**

**359.13**

**14.12.04@19:20**

**359.15**

**14.12.06@20:15**

no child needs to hear criticism on the day of the performance

- judith martin

art talk

ok, here's the situation

the color problems have been solved

two of the images still need to be reprinted because of a printer  
malfunction

because of these problems, few visitors got to see the images

to make up for this, the director has offered to show four of the images in  
his next show starting dec. 11

this is a good opportunity for me because the show is of works by well-established LA artists... and now me

so, the question i'm faced with is... which four to show

i will use the two i sponsored plus two others  
i would like to use 58157 and (16968 or 54720)

i'd like to hear your thoughts

**359.16**  
**14.12.07@23:02**

**359.19**  
**14.12.10@00:55**

**359.20**  
**14.12.11@17:49**

**359.21**  
**14.12.12@00:06**

whether we have free will or not...  
is not the issue

there is no i to have free will

gendo basic concepts for laypeople  
the voice  
don't believe everything you hear your language machine say  
the five stupidities

sigil

there are no restrictions on the amount of money i use

6 N S T K 8 Z M V

**359.22**

**14.12.13@21:44**

Bob supports me generously

BSPTMDJN

**359.23**

**14.12.14@23:59**

**359.24**

**14.12.15@22:58**

imaginary landscapes is a flourishing business

M D J N D S G P S Z F 8 5 B

**359.25**

**14.12.16@22:12**

**359.27**

**14.12.18@20:01**

**359.28**

**14.12.19@10:05**

